



Veal Roll with Meatball Ragu: Bracirole al Sugo con Polpette

READY IN



65 min.

SERVINGS



4

CALORIES



602 kcal

Ingredients

- ☐ 3 bay leaves
- ☐ 1.3 cup day-old bread cut into rough chunks
- ☐ 1 pinch chili pepper flakes red roughly chopped (or 1 small pepper, de-seeded and)
- ☐ 1 eggs
- ☐ 1 bunch flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove thinly sliced
- ☐ 2 garlic cloves thinly sliced
- ☐ 1 pound ground veal
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion thinly sliced
- ☐ 0.3 cup parmigiano-reggiano freshly grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 pounds tomatoes fresh peeled
- ☐ 8 small veal breast thin ()

Equipment

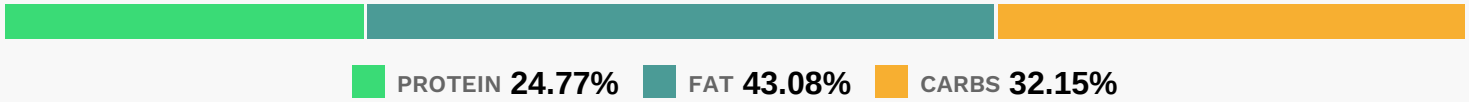
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl
- ☐ toothpicks
- ☐ spatula
- ☐ mortar and pestle
- ☐ tongs

Directions

- ☐ Lay the pounded veal slices flat on a clean work surface. Lightly salt and pepper both sides of the meat.
- ☐ In the bowl of a mortar and pestle or a food processor, combine the parsley, 2 cloves garlic, 2 bay leaves, and the chili pepper flakes. You could also roughly chop these ingredients and mix until well combined. Crush or blend until the ingredients form a homogenous blend. Season, to taste, with salt. Divide this mixture equally among the 8 veal slices, placing the mixture in the center of each slice of meat. Carefully roll each veal piece up as you would a tortilla, making sure that the stuffing does not slip out either side. Secure each veal roll with toothpicks. Set aside.
- ☐ In a 12 to 14-inch saucepan, heat the oil over a medium-high flame until hot but not smoking.

- ☐ Add the sliced garlic, onion, and the remaining bay leaf. Cook until the garlic softens and turns a light golden brown, about 5 minutes.
- ☐ Add the veal rolls and let cook until lightly brown, turning carefully with tongs so that all sides brown, about 10 minutes total.
- ☐ Add the tomato puree, lower the heat, and let the mixture simmer while you prepare the meatballs.
- ☐ Place the chunks of bread to soak in a bowl filled with water. Leave for 3 to 4 minutes, then, using a spatula, carefully remove the bread and let drain slightly on a plate lined with paper towel. After a few minutes, place the bread in a medium-sized mixing bowl.
- ☐ Add the garlic clove, ground veal, cheese and egg. Season, to taste. Stir until well combined. Using your hands, mould the resulting mixture into 12 small "meatballs," each about the size of a golf ball.
- ☐ In a second 12-inch saucepan, heat 2 tablespoons olive oil until hot but not smoking. Working in batches so as not to crowd the pan, panfry the "meatballs" until golden brown on all sides, about 8 minutes.
- ☐ Serve immediately with the cooked veal rolls and tomato sauce.

Nutrition Facts



Properties

Glycemic Index:79.92, Glycemic Load:22.19, Inflammation Score:-10, Nutrition Score:39.075652257256%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg, Myricetin: 2.45mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 601.8kcal (30.09%), Fat: 28.98g (44.58%), Saturated Fat: 7.48g (46.74%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 41.93g (15.25%), Sugar: 11.63g (12.92%), Cholesterol: 141.21mg (47.07%), Sodium: 614.6mg (26.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.98%), Vitamin K: 264.19µg (251.61%), Vitamin B3: 14.41mg (72.03%), Vitamin C: 53.3mg (64.61%), Manganese: 1.29mg (64.61%), Vitamin A:

3223.91IU (64.48%), Selenium: 36.37µg (51.96%), Phosphorus: 483.71mg (48.37%), Vitamin B6: 0.84mg (41.98%), Vitamin B2: 0.64mg (37.85%), Folate: 144.78µg (36.2%), Zinc: 5.29mg (35.24%), Vitamin B1: 0.52mg (34.5%), Potassium: 1158.89mg (33.11%), Iron: 5.59mg (31.08%), Vitamin B12: 1.74µg (29.07%), Fiber: 6.71g (26.85%), Calcium: 268.54mg (26.85%), Vitamin B5: 2.63mg (26.32%), Vitamin E: 3.93mg (26.21%), Magnesium: 98.7mg (24.67%), Copper: 0.42mg (21.01%), Vitamin D: 0.26µg (1.74%)